Vancouver metro

WEEKEND, SEPTEMBER 9-11, 2016

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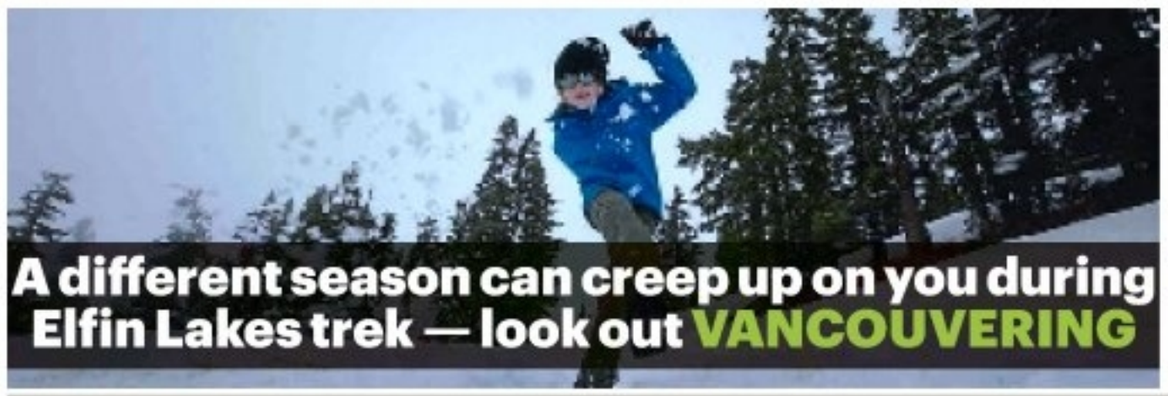


A different season can creep up on you during Elfin Lakes trek — look out VANCOUVERING

talk about fresh solutions
save on foods
Check out this week's Fresh Solution, Cheesy Bacon and Pesto Ritz Bites, on pages 4 and 5.
Feeling inspired? Pop into a local Save-On-Foods store to pick up the ingredients in one easy stop.

Vancouver metro

'CHICKEN GYNECOLOGIST' *(Yes, you read that right)* WEIGHS IN ON FREAKY DOUBLE-YOLK EGGS

metroSCIENCE

WEEKEND, SEPTEMBER 9-11, 2016

High 19°C/Low 13°C Mainly sunny

CODE RED

HOUSING CRISIS

Over the next seven weeks, Metro is partnering with Generation Squeeze to look at ways to make housing in Vancouver more affordable for younger Canadians — and to spark a conversation about a national housing strategy

Jeff Hodson
Metro | Vancouver

Housing in Vancouver is out of control.

It's ludicrous. It's hurting younger Canadians and their ability to work and live in the Lower Mainland.

Over the next seven weeks, Metro is partnering with Generation Squeeze (a group lobbying for generational equality for Canadians in their 40s and younger) to examine some of the ideas proposed in their recent report, Code Red.

"We want to open the conversation up to the broad public to find a way in," said Paul Kershaw, founder of Generation Squeeze.

Today, reporter Matt Kieltyka looks at the premise of treating housing as homes (imagine that), and not as an investment.

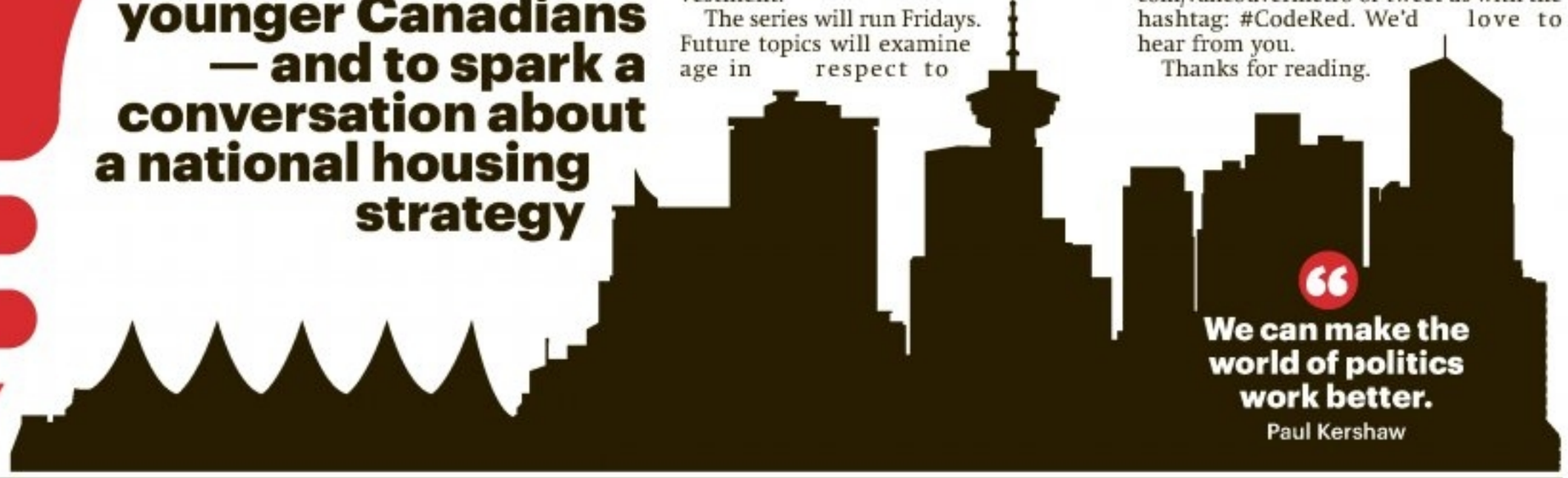
The series will run Fridays. Future topics will examine age in respect to housing policy; how low interest rates cut both ways; and taxing housing wealth to slow housing price increases.

This is all leading up to something: A call to action. We want you to help shape the conversation around provincial policy changes in advance of the B.C. election and a national housing strategy. Feedback collected over the next two months will be passed along to Generation Squeeze ahead of its agenda-setting roundtable on Oct. 25 on housing affordability.

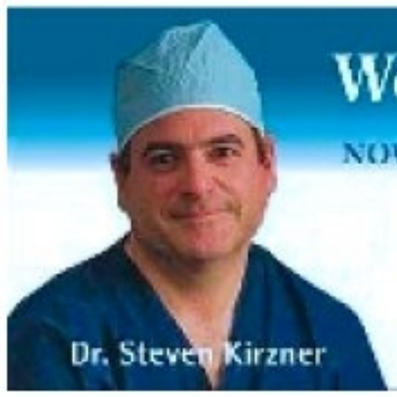
"We can make the world of politics work better for younger demographics," said Kershaw. "It first and foremost requires younger demographics to take hold of the issues that are important to us and articulate them clearly and cleverly."

So please, become part of the conversation. Bring those ideas. Email me at Vancouver@metronews.ca, comment on the articles on our Facebook page, facebook.com/vancouvermetro or tweet us with the hashtag: #CodeRed. We'd love to hear from you.

Thanks for reading.



"We can make the world of politics work better."
Paul Kershaw



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metro NEWS

Your essential daily news

45 people were trapped in cablecars in midair overnight in the French Alps.

Codeine sale rules needed

PAINKILLERS

Access to the drug is 'just too easy,' says pharmacist

Wanyee Li
Metro | Vancouver

A B.C. pharmacist is calling for stricter regulations on the painkiller codeine, but the College of Pharmacists of B.C. (CPBC) says it has to ensure those tighter rules do not prevent patients from accessing the drug altogether.

Codeine is an opiate that the human body converts into morphine once ingested, providing a painkiller effect. But like any opiate, the body builds up tolerance to the drug and people can become addicted to taking increasing amounts of the substance.

The sale of codeine is regulated by CPBC. People have to bring a doctor's note in order to buy pure codeine or large doses of it, but when it is combined with other drugs like acetaminophen or caffeine, codeine can be sold without a prescription.

"These drugs need to be pulled from market. They shouldn't be out there; the access to them is just too easy," said Brett Sunku, a pharmacist who has worked in the industry for more than a decade.

"Patients can self-treat, essentially. The only barrier to purchase is a pharmacist."

Codeine is an opiate that the human body converts into morphine once ingested. VINCE TALOTTA/TORSTAR NEWS SERVICE

> **Patients can self-treat, essentially. The only barrier to purchase is a pharmacist.** Brett Sunku

Products that have codeine in them such as Tylenol-1s are kept behind the counter, and people must talk to a pharmacist in order to access them, said Bob Nakagawa, registrar at CPBC.

"(Members) are obliged right now to have those conversations. And they can refuse to provide that codeine if they don't feel comfortable."

Over-regulation can be counterproductive, he added.

"The consideration is whether by increasing the requirements, whether we prevent people from getting drugs they may need for their conditions or symptoms."

But pharmacists are often too busy to talk with customers enough to determine whether it is appropriate to sell codeine to a particular person, said Sunku, who consults and works in pharmacies across North America.

"In a lot of these busy pharmacies, there's one pharmacist and an army of assistants."

The safer thing to do is make all codeine products prescription-only so that doctors can make that assessment, he said.

The heavy workload also means pharmacists don't always record the sale of codeine products such as Tylenol-1s in PharmaNet, the electronic database accessible to all B.C. pharmacists, said Sunku.

CPBC says it is open to the idea of making it mandatory for its members to record codeine sales on PharmaNet, but so far the topic is not on the agenda.

SCHOOLS

LGBTQ protection mandated in policies

All schools in British Columbia will soon have to include specific protections for gay, lesbian and transgender students in their anti-bullying policies.

Education Minister Mike Bernier announced at an emotional news conference on Thursday that public-school districts and private schools will have until the end of the year to update their policies.

"We want to ensure that every child is recognized, every child has a safe environment regardless of who they are and who they hope to be," he said. "I look at this and I wish we had these policies when my daughter was in school."

Bernier became choked up while speaking about his daughter, who he said is in her mid-20s but came out as gay when she was 19.

"At that time, (she) was telling me all the problems she had when she was in school," he said.

"For today, it really makes it important for me in a personal way but it also gives me a real sense of what other people have been going through."

Schools in B.C. have been required to have general anti-bullying policies since the ERASE Bullying strategy was introduced in 2012.

Now, those policies will have to include explicit references to sexual orientation and gender identity, if they do not already.

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VANCOUVERING

Keep seasonal change in mind for Elfin Lakes hike

FRESH AIR

Graeme McRanor
For Metro

Full disclosure: I did the Elfin Lakes hike at the beginning of summer when there was still a lot of snow on the trail, and that made what's normally an intermediate trail slightly more difficult. In fact, we (hiking partner Suzy and son London) didn't actually make it all the way to the lakes, as we started late and turned around in order to get back to the car well before dark.

Now it's September and the days are getting shorter again. So if you're still hiking the trails, be aware how much daylight you have. Figure out what your safe turnaround time is and stick to it — no matter where you get to on the trail.

The lower part of the Diamond Head trail to Elfin Lakes is an old road that, while fairly steep, is a relatively easy climb. Eventually, you'll reach the shelter at Red Heather Meadows, which is a good spot to stop for lunch.

We hit snow well before we got to the shelter, and after lunch the hike up was somewhat of a slog. The trail flattened out a bit after a while and got easier, but we could've benefited from snowshoes.

I'm guessing most of that snow is gone now, but you should still be wary of muddy, slippery sections.

Graeme's son plays in the snow on the Diamond Head trail. GRAEME MCRANOR/FOR METRO

We were getting close to our self-imposed turnaround time when we ran into a solo American hiker coming down from the Elfin Lakes shelter. He told us it was still a fair distance away, and completely socked in by fog. So we decided to pull the plug and head back down.

All told, we probably did 15 or 16 kilometres out of 22. And we had a blast playing in the snow on the way down.

The lakes shall wait for another day.

TRAIL DEETS

Difficulty
Intermediate

Time
6-7 hours

Distance
22 kilometres return

Elevation gain
600 metres

How to get there
The Diamond Head trail is about 90 minutes from Vancouver. Drive north on the Sea to Sky highway to Squamish. Turn right at the Canadian Tire (Mamquam Road). This road eventually turns into a gravel logging road. Follow it all the way up to the parking lot. Don't keep valuables in your car.

FOOD NOTES

FROZEN TREATS TO KEEP SUMMER ALIVE

Erin Ireland
Metro | Vancouver

It's September and school has begun, but this doesn't mean summer is over!

One way to keep the summer fun alive is by visiting Chinatown's new ice cream and frozen dessert shop, Fluffy Kittens, where you'll find a well-curated selection of cold treats, featuring several of B.C.'s sweetest, quality-focused ice cream artisans.

Fluffy Kittens owners, husband and wife team Claudine Michaud and Kieren Beattie, outsource all of the locally-made frozen treats offered in-house, including cashew and coconut-based ice cream from Say Hello Sweets, creative popsicles from Johnny's Pops and gelato from popular Okanagan-based Artisto.

The menu reads as a roster of local sweet-treat-producing rockstars: celiac and vegan-friendly waffle cones are supplied by The Smallflower Bakeshop, kombucha (for floats) comes from Hoochie Booch (a small-batch producer of fermented tea), and decadent ice cream sandwiches are from Brown Paper Packages.

When you go, I recommend you try a double scoop of the ridiculously creamy and flavourful Say Hello Sweets' ice cream (in cappuccino and chocolate) in a freshly made waffle cone. Get it with a drizzle of Glow Goodies' chocolate sauce, which freezes and transforms into satisfying crunchy bits.

Fluffy Kittens is open every day of the week from 4 to 11 p.m. ERIN IRELAND/FOR METRO

with icons by **Danielle Vallée** from the noun project

Members of the Finnegans Wake Reading Group, which formed about nine years ago, meet monthly to puzzle through David Foster Wallace's Infinite Jest a few pages at a time. AMY LOGAN

Clubs keep nose in book

VANCOUVER TRENDING

Amy Logan
For Metro | Vancouver

From groups devoted to finishing the 1,079-page Infinite Jest together to a posse of cocktail enthusiasts sharing recipe books, Vancouver is home to an eclectic range of book clubs.

Vancouverites love to read. A recent Amazon survey revealed that, for the second year in a row, Vancouver boasts the highest number of book readers in Canada.

The Vancouver Bartender's Book Club meets monthly, often at a restaurant, to explore the world of cocktails through the written word. Collaborating on ideas and recipes gleaned from that month's reading, the participants learn new techniques and share ideas. The Vancouver Aquarium has an online book club that encourages participants to learn more about the natural world, with a focus on marine life and conservation.

The Amnesty International Book Club meets to discuss books related to current human rights situations around the world. Collage Collage even offers a book club for kids, with discussion and themed art activities to inspire a love of reading in the next generation.

Some groups focus on a single book. An online reading group dedicated to getting through the notoriously dense Infinite Jest has been working though it together this summer. The Vancouver Finnegans Wake Reading Group, one of numerous Finnegans Wake groups worldwide, formed more than nine years ago, with members meeting monthly to read the multi-layered text aloud, about three pages at a time, and trying to decipher its meaning.

Rebecca Eames has been a member of her Vancouver book club for just over two years. With a focus on contemporary fiction, the all-female club often takes part in heated discussions. Ranging from Canadian fiction like Joseph Boyden's The Orenda to autobiographies like Patti Smith's Just Kids, "the potential and variety of conversations is infinite. It's encouraged me to read more, to think more critically," said Eames. She finds it very satisfying to have "focussed conversations about art, literature and spirituality with a group of smart women."

In a city where it can sometimes seem difficult to make friends, book clubs build a sense of community. Since Eames's group began, they have all grown very close. There have been three engagements, one wedding, and several babies.

"There is almost an unspoken contract that we will meet at least once a month for the rest of our lives," said Eames.

talk about **fresh solutions**

Cheesy Bacon and Pesto Ritz Bites

Prep Time: 10 minutes | Cook Time: 20 minutes | Makes 8 Servings

Ingredients

1-250g package Western Family cream cheese, softened

2 tbsp (30 mL) Western Family mayonnaise

3 tbsp (45 mL) pesto

2 jarred roasted red peppers, finely chopped

2 ounces (60g) Parmesan, shredded

1-85g package **Maple Leaf Natural Selections** bacon pieces, divided

3 Ritz Original crackers crushed, more for dipping

Directions

1. Preheat oven to 350˚F (180˚C). Lightly spray a 4-inch shallow ceramic bowl with cooking spray.

2. Combine cream cheese, mayonnaise, pesto, peppers, Parmesan and two-thirds of the bacon. Spread in the bowl. Top with crushed Ritz crackers and remaining bacon.

3. Bake for 15 to 20 minutes until warmed through. Remove from oven and serve warm with additional Ritz crackers.

Tip: Pack this dip in a bento box with some crackers, sliced meat and veggies for your very own lunch picnic.

save on foods

People before profits: Flipping real estate market on its head

CODE RED HOUSING CRISIS

Generation Squeeze head talks housing strategy

Matt Kieltyka
Metro | Vancouver

Raza Mirza still considers Vancouver home even after he made the decision to leave to get away from the city's housing crunch.

Newly wed and expecting his first child in July 2015, the 31-year-old tech worker knew his tiny one-bedroom downtown apartment was no longer sufficient, despite the sizable $1,515 rent.

"When we found out my daughter was coming, we decided that we need to find a bigger place," Mirza said. "We don't have enough room for our stuff, how do I put a crib in a tiny bedroom, or a baby chair and all these things that you have to worry about?"

So, naturally, Mirza started looking around Metro Vancouver for a home to meet his needs before coming to a daunting realization.

"Every time I would save money, the prices would keep on rising," he said. "It was not enough that I was saving, that I had a good job. I would constantly be priced out of the market."

Frustrated that the only realistic options seemed further out in the region, far from his Vancouver workplace with hour-long commutes that would steal precious time from his young family and bring with it a new set of transportation-related costs, Mirza ended up taking a job for a start-up in Victoria and buying a home five minutes from work.

Paul Kershaw, the founder of Generation Squeeze, at UBC. JENNIFER GAUTHIER/METRO

The city he fought to make his home, amid demand from other industry hubs like Seattle, had turned its back on him.

The shocking thing isn't that Mirza's story is unique. It's that it isn't.

Vancouver's housing crisis has hit "Code Red," according to Paul Kershaw, a University of British Columbia professor at the School of Population and Health and founder of Generation Squeeze, a coalition of young Canadians tackling generational inequality.

Kershaw says it takes today's 20-, 30-, and early-40-year-olds 23 years to save for a down payment on the average Metro Vancouver home based on their average salaries.

It took their parents just five a generation ago.

"Something urgent needs to be done to respond to this problem," Kershaw said. "We are increasingly on life support. You can't actually attract people to the region and get them to take decently paying jobs if those wages are out of step to what the cost of housing is today. We're losing people to other parts of the province and, increasingly, to other places altogether."

Vancouver's West End is seen from Kitsilano on Thursday. JENNIFER GAUTHIER/METRO

> **Every time I would save money, the prices would keep on rising. It was not enough that I was saving, that I had a good job.** Raza Mirza

Vancouver is already feeling the pinch.

Hootsuite CEO Ryan Holmes has been vocal about the difficulties the Vancouver-based social media company has recruiting talent.

"The current housing crisis risks emptying British Columbia of one of its most valuable assets — young people who grew up in the city and who are invested in it," Holmes said in a statement to Metro.

Vancouver-Point Grey MLA David Eby, one of the most outspoken politicians on the housing crisis, has already seen the exodus in his riding.

Young renters and university students who still insist on living there (in close proximity to UBC) then line up for hours and compete over a limited supply of basement suites available.

"What we're building here in Vancouver, and we've achieved it to a large degree, is a resort city," Eby said.

"I think people have a right to a reasonable lifestyle, which means they can get to work in a reasonably short amount of time and to have a decent home for themselves and their family."

That's why the very first recommendation contained in Generation Squeeze's recent Code Red report on the housing market is for all levels of government to adopt a "homes first, investments second" philosophy.

The B.C. Liberal's 15 per cent foreign ownership tax was a recognition that something needed to be done, but doesn't address the decade-plus of irreversible real estate gains made by investors at home and abroad while wages remained stagnant.

Generation Squeeze proposes an incremental capital gains tax (depending on how quickly a home is bought and sold) to fend off speculation and home flipping, a more equitable tax system that takes the value of homeowners' accumulated wealth into account and purpose-built rental projects to address the problem.

WHAT DO YOU THINK?

Read more at gensqueeze.ca and let us know what you think at Vancouver@metronews.ca; commenting on this article on Facebook (facebook.com/vancouvermetro), or tweet us with the hashtag: #CodeRed. You can also text JOIN to 604-337-0945 to get involved with the Code Red campaign.

The very idea of a housing market that first and foremost serves people who need homes seems simple, but Kershaw says implementing it would create a radical shift.

"It sounds all mom and apple pie but if we get all political parties and leaders to acknowledge (homes first), it has big implications in how we would organize our housing market going forward," he said.

Crisis tends to spur creativity and innovation, he said.

Over the coming weeks, Metro will highlight some of the Generation Squeeze recommendations and invite readers to share their thoughts directly with experts shaping housing policy on the civic, provincial and federal levels.

Big idea: Tax homes, not salaries

One of the recommendations proposed by Generation Squeeze to address generational inequality in the housing market is a radical rethink of Canada's tax system.

Paul Kershaw explains that taxing housing wealth, especially off the back of the massive returns made by homeowners in the past decade, may be more fair than taxing people's income.

"High housing prices aren't uniformly bad. For the people who got into the housing market a long time ago, the real estate market is absolutely golden," said Kershaw. "Which is why we propose a shift towards increasing the wealth they have in their home in our measurement of people's ability to pay for health care and the services we need.

"Say we have two people who make $45,000. One is a renter, one owns outright a $800,000 home and has added wealth at a rate of 10 per cent over the years. They're not the same but we still tax them largely the same.

"We need to increasingly factor in the reality that in the new world where economies don't grow like they did in the 50s and 60s, real estate and other kinds of capital are larger these days than the increase in wages. And now we have to adapt our approach to taxation. We need ways of raising revenues and housing is at the centre of that."

That kind of shift could take financial pressure off youth, allow them to save for a home and simultaneously raise public funds for affordable housing projects, Kershaw believes.

MATT KIELTYKA/METRO

CODE RED NEXT WEEK

Why age matters when it comes to housing policy

To follow the series as it evolves visit metronews.ca/codered

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Many B.C. businesses back minimum wage increase

ECONOMY

Advocates say it's not high enough for a living wage

David P. Ball
Metro | Vancouver

When British Columbia's minimum wage jumps by $0.40 next week, workers who toil at that rate have found an unlikely supporter of their small raises.

The Surrey Board of Trade — which represents 2,200 businesses in the province's second-largest, fastest-growing city — canvassed its members to see how they viewed the province-wide change, which kicks in next Thursday.

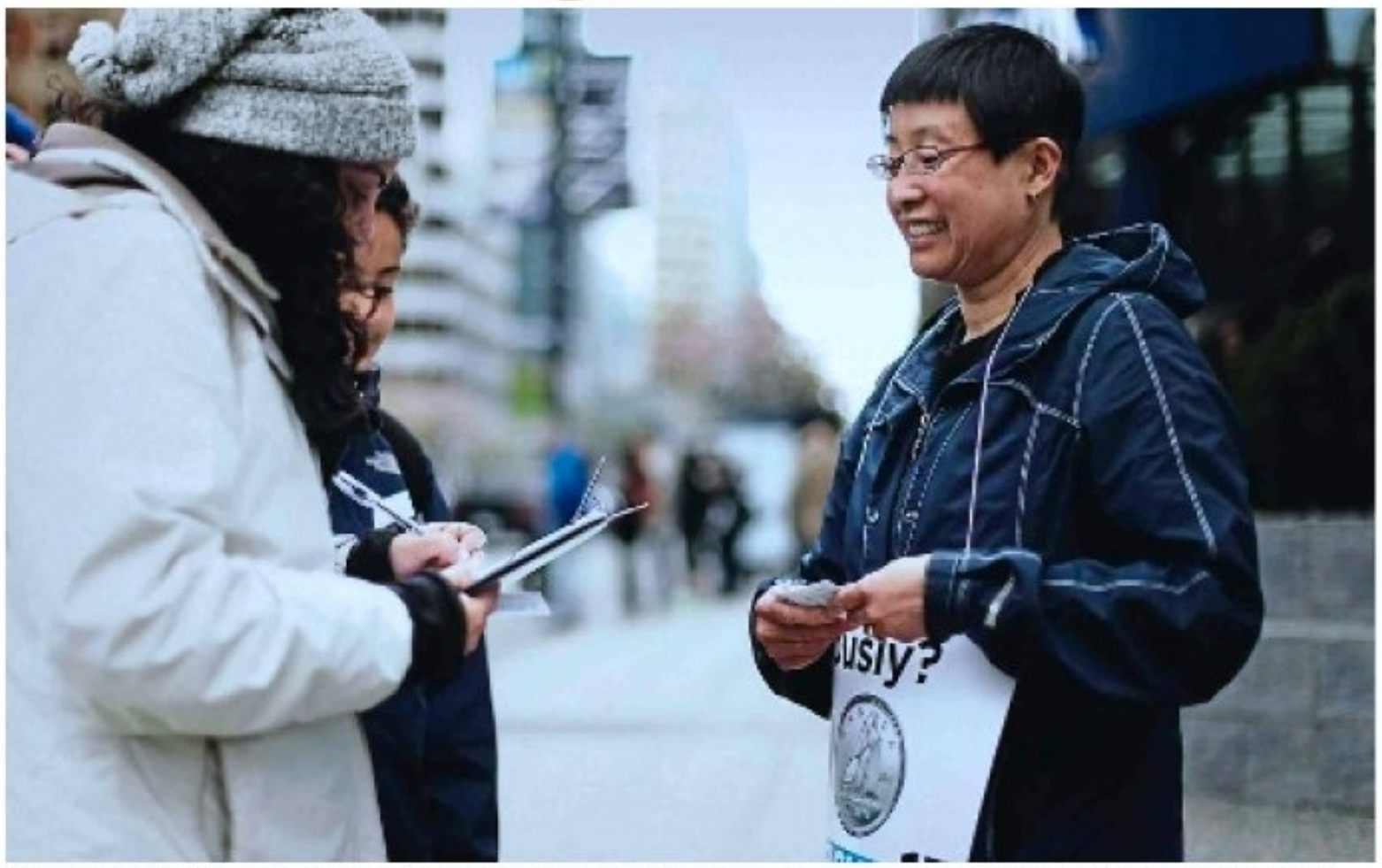
Of the third who responded, 60 per cent actually supported the government's increase, according to the Board's CEO.

"We found that very interesting," Anita Huberman said in a phone interview. "Absolutely employers want to take care of their workers.

"When they take care of their workers and pay them a healthy wage, it's taking care of our human capital. When you take care of your workforce, you're contributing to your business's productivity and as a result contributing to our economy."

$10.85

B.C.'s new minimum wage comes into effect of September 15, a 40-cent increase. The province's living wage is $20.64 according to Living Wage for Families.



Dalya Gomaa (left) and her youngest of three children stop to sign a petition calling for a $15-an-hour minimum wage in B.C. outside a Vancouver McDonald's in 2015. DAVID P. BALL/METRO FILE

Another surprise in the informal survey, part of the Board's regular outreach efforts, was that some businesses thought next week's raise doesn't go far enough.

Out of the minority who opposed the B.C. government raising it to $10.85, nearly four-in-ten indicated they preferred a much greater increase to a living wage, and some others thought $15-an-hour would suffice. A living wage is the hourly amount a family needs to cover basic expenses such as rent, childcare, food, transport, clothing, and savings for illness or emergencies, according to the Living Wage for Families campaign.

The campaign calculates Metro Vancouver's living wage to be $20.64 an hour.

"It's a hot topic," Huberman said, "but I don't know if the business community would be completely supportive of that because of added costs."

In May, B.C.'s announcement of a larger-than-expected increase on Sept. 15 from $10.45 to $10.85, followed by another similar hike next year, sparked concern from the provincial Chamber of Commerce.

"There's no denying that these two minimum wage increases will be tough for some of our 36,000 represented businesses across the province," stated interim CEO Maureen Kirkbride in a statement.

Huberman said among her members opposed to raising the rate beyond the annual rise in consumer prices, many were restaurants and retailers concerned about their already-narrow profit margins.

> When you take care of your workforce, you're contributing to your business's productivity and as a result contributing to our economy. Anita Huberman

MENTAL ILLNESS

Wait for service a killer

The lack of timely mental health services contributed to the suicide of a 16-year-old boy who wasn't eating, had threatened to kill himself and was left to roam in and out of school, B.C.'s representative for children and youth says.

Mary Ellen Turpel-Lafond said Thursday the First Nations teen, described by teachers as sweet and easy to like, left school one morning in May 2013, walked into a nearby forest in an undisclosed urban community and took his own life.

She blamed "a stunning lack of leadership" in the Children's Ministry for a crisis involving excessive wait times for mentally ill aboriginal youth, saying nothing has changed since the death of the teen dubbed Chester, to protect his identity.

Aboriginal youth exhibiting mental health issues still wait an average of 270 days for service in the area where Chester lived, Turpel-Lafond said Thursday after releasing a scathing report that criticized the "balkanized" and "grotesquely understaffed and underfunded" Children's Ministry.

"We have a lot of good talk in British Columbia, we just don't have any action to back up the talk," she said.

Children's Minister Stephanie Cadieux issued a contradictory statement minutes after the report came out.

"There are no wait times for any youth who is deemed by a mental-health professional to be at risk of suicide," Cadieux said, adding the ministry now has 78 walk-in mental-health intake clinics throughout B.C., where children and youth can be assessed and connected to services.

Turpel-Lafond refuted that statement, saying wait times remain excessive since Chester and his family were "pushed away."

THE CANADIAN PRESS

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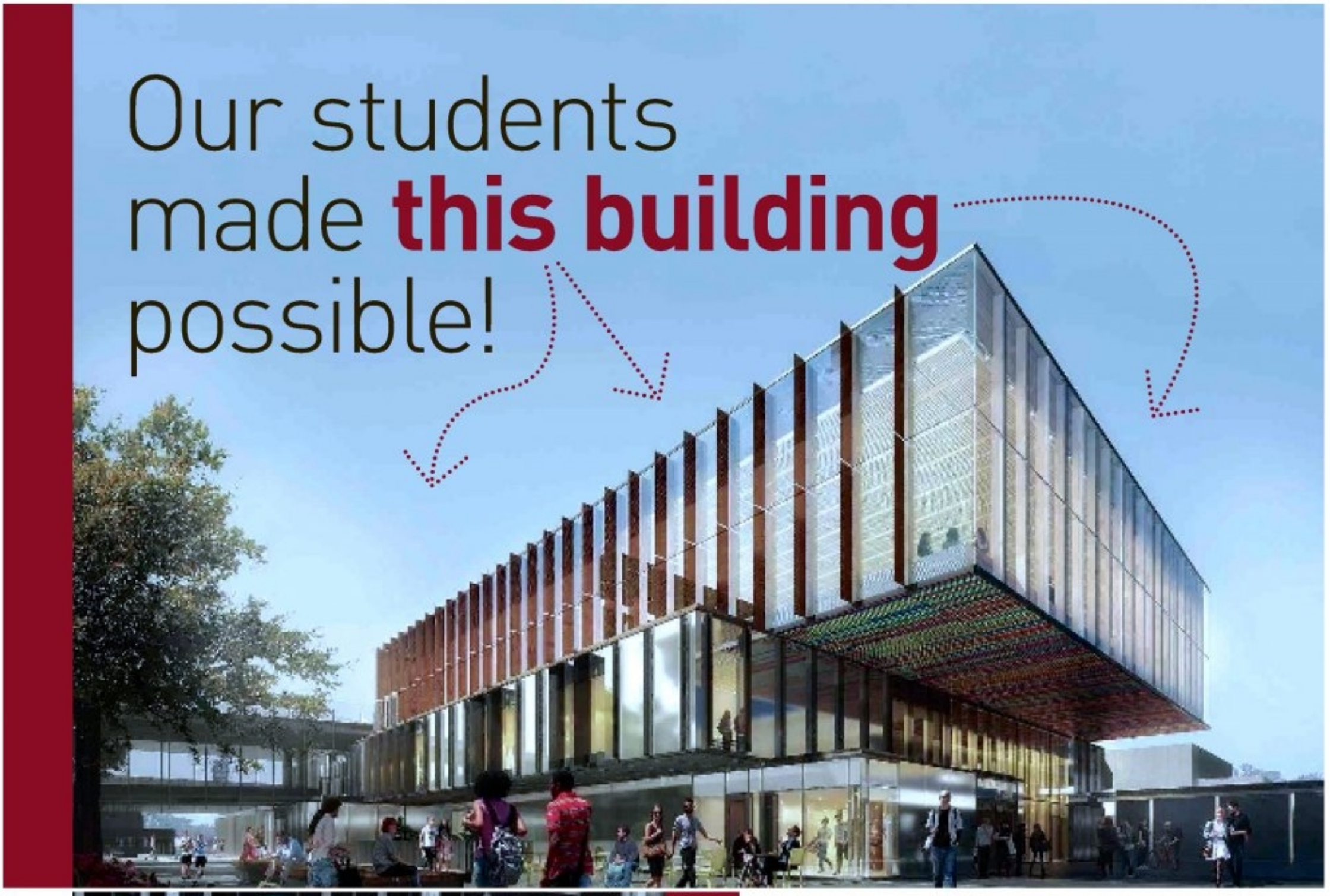

Thanks to Simon Fraser Student Society (SFSS), our students voted and gave the thumbs up to build a brand new Student Union Building (SUB). This commitment of $55 million is an epic gesture, and one that's going to impact students for years to come.

With over 100K square feet of space devoted to studying, unwinding and connecting, all students are going to find their time at Burnaby's campus pretty sweet. From study and club space to a community kitchen, there's going to be endless possibilities to create awesome memories at SFU in a state of the art building. (Good luck keeping the administration out of the napping room!)

A big thanks to the engaged student leadership who made this happen, and a shout-out to everyone involved in the collaboration with the university. You'll want to check out the new home of SFSS programs and services in the fall of 2018.

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House marks 100 years

HISTORY

Centennial event this Saturday

David P. Ball
Metro | Vancouver

Every so often, visitors surprise the staff of Crescent Beach's historic Alexandra Neighbourhood House by revealing they attended camp there seven decades earlier.

"It's a little unbelievable," mused Penny Bradley, the non-profit organization's executive director, in a phone interview. "Generally, B.C. doesn't have a lot of organizations this old."

But the community fixture's story goes back even further, and this Saturday it's hosting an afternoon of events to celebrate its hundredth anniversary serving south Surrey residents.

Featuring food trucks, a petting zoo, historic re-enactors, live music, and an evening bonfire, the event is billed as a "Homecoming" to honour the House's long history.

Community members attend an Alexandra Neighbourhood House event last summer in Surrey. CONTRIBUTED

Originally an orphanage opened in 1894, sometime around 1916 the building became Alexandra Neighbourhood House and offered a summer retreat for orphans but soon offered community members a place to host year-round activities and events too, Bradley said.

"Not a lot was written down," she said of the House's history. "A lot of it is oral tradition. This Homecoming is a special event to recognize this significant date for us."

Today, the organization employs 45 full-time staff offering a wide array of services — from childcare to seniors' programming, parent education, at-risk youth activities and even the founders' bread-and-butter: summer camps.

But it's the more-than-100 volunteers who really drive the efforts, Bradley said, and a reminder that the handful of neighbourhood houses across the Lower Mainland are much more than community centres or service agencies.

> **Generally, B.C. doesn't have a lot of organizations this old.**
> Penny Bradley

From its start in 1916, Alexandra house "was leveraged by the local community," she explained. "That's what a neighbourhood house is: it's a community coming together, activating locals to participate and get engage.

"People don't just come in for services and leave. They can actually contribute to their community in a meaningful way."

The Alexandra Neighbourhood House's free "Homecoming" event will be held on Saturday from 3 p.m. to 7 p.m. at 2916 McBride Ave., Crescent Beach. For more information, visit www.alexhouse.net.

EVERGREEN LINE

December opening predicted

A long-awaited rapid transit project in Metro Vancouver should be carrying its first passengers before Christmas. The British Columbia government says in a news release that the $1.43-billion Evergreen Line through Burnaby, Port Moody and Coquitlam is more than 90 per cent complete.

An exact date for the opening has not been set, but it will be determined as finishing work concludes at the seven stations along the 11-kilometre transit line which branches from the Millennium Line at Lougheed Town Centre in Burnaby.

The province has also earmarked $5-million to build 150 new parking stalls at the Lafarge Lake-Douglas Station, the northeastern terminus of the project. Construction began in February 2013 and officials had hoped to have it running by this summer but difficulties boring the tunnel for the underground sections of the line delayed the opening. The province says 70,000 passengers will use the Evergreen Line daily by 2021. THE CANADIAN PRESS

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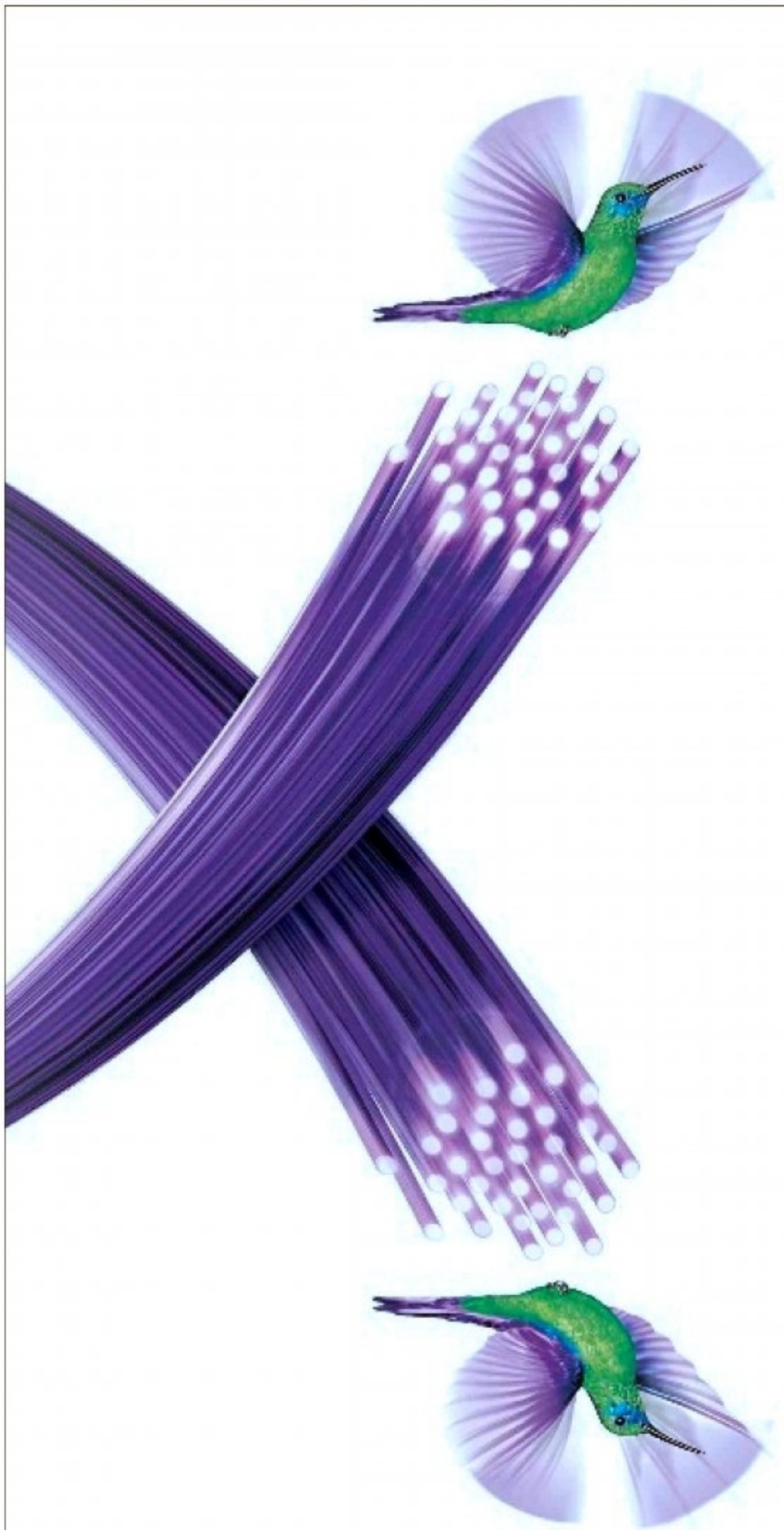

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Minister of National Defence Harjit Sajjan speaks during the UN Peacekeeping Defence Ministerial meeting at Lancaster House, in London, on Thursday. STEFAN ROUSSEAU/HE CANADIAN PRESS

Liberals stump for peacekeeping plan

MILITARY

Opposition says UN has shown itself unable to run missions

Battle lines are being drawn between Liberals and Conservatives as the government prepares to deploy hundreds of Canadian troops to an as-yet-unannounced United Nations peacekeeping mission in Africa.

The pending clash, which is breaking along ideological lines, was previewed Thursday and is expected to figure prominently when the House of Commons returns from its summer break later this month.

At a peacekeeping summit in London, Defence Minister Harjit Sajjan affirmed the government's plan to make up to 600 soldiers and 150 police officers available for peace operations. The government will also spend $450 million on peace support projects, and will host a similar peacekeeping summit next year.

"Supporting and encouraging peace is certainly part of what it means to be Canada," Sajjan told counterparts from around the world.

But even as Sajjan was touting the return of Canadian blue berets, Conservative defence critics James Bezan and Pierre Paul-Hus were in Ottawa taking shots at the UN's record on peacekeeping, and the Liberal government's motives for pursuing such a mission.

> **We shouldn't be using our troops as pawns.**
> James Bezan

Raising the spectre of peacekeeping failures including Rwanda and Bosnia, which many Canadians still remember, the Tories said the UN hasn't proven itself capable of managing peacekeeping missions.

Instead, Bezan held up Canada's participation in the U.S.-led war against Daesh as an example of a proper military mission.

"In the last 15 years," he said, "our success in these types of missions has been in peacemaking, not in peacekeeping."

The Conservatives also accused the Liberals of being more interested in winning a UN Security Council seat than actually participating in a mission that is in Canada's national interest.

"The ultimate goal here is to achieve a seat at the UN Security Council when it becomes available," Bezan told reporters. "That to me is politics, and we shouldn't be using our troops as pawns." THE CANADIAN PRESS

POLITICS

Clement rejects values testing

Conservative leadership candidate Tony Clement says he will propose enhanced security screening for immigrants — but not a values test — as part of a broader plan for countering the threat of terrorism.

"If we can give our security personnel the right tools to identify potential threats to our country, then I believe that is exactly what we should be doing and quite frankly, that is where the threat is," Clement said Thursday as he shared part of the national security platform he plans to unveil in greater detail next week.

The Ontario MP and former cabinet minister initially declined to get into the debate over a proposal from leadership rival Kellie Leitch to vet immigrants and refugees for their views on what she calls anti-Canadian values.

But with discussion over the Leitch proposal still dominating the otherwise sleepy leadership campaign and other candidates speaking up, Clement said Thursday he decided to comment to keep the issue from overshadowing his policy announcement next week.

Clement said Leitch's "trial balloon" is not the right approach.

"I think spending our resources to have government personnel deciding who or who is not going to be a good Canadian is neither practical nor desirable, but I do believe that we should enhance our ability to screen out individuals who pose a threat to our society," Clement said. "That's where our focus should be, not on the many immigrants who actually add to our society."

Clement said that should he be selected as leader next May, the party will be "pro-Canadian values," but that is not all.

"It will also be pro-immigration, it will be pro-national security and it will be pro-jobs and that's the kind of party that can win the next election," he said.

Clement said he did not want to go into any detail about his security proposal before his formal news conference Monday, but did refer to a June 2015 report from the Senate national security committee. THE CANADIAN PRESS

IN BRIEF

Canadian swims alone across English Channel

A 30-year-old Toronto man has become the latest Canadian to successfully complete a solo swim across the English Channel. Samuel Bail finished the roughly 32-kilometre swim on Tuesday, taking 15 hours and 25 minutes to swim the distance between England and France.

According to the Serpentine Swimming Club, Bail becomes the 28th Canadian to complete the open-water swim since 1951. THE CANADIAN PRESS

Lavalin cops to improper election donations

Montreal-based global engineering giant SNC-Lavalin continues to dig out from a series of corporate governance scandals, this time involving improper donations to federal political parties over a seven-year period ending in 2011.

A compliance agreement with the federal elections commissioner, announced Thursday, details almost $118,000 in donations to the Liberals and Conservatives through employees or their spouses. THE CANADIAN PRESS

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GUN VIOLENCE

Texas teen dead after shooting student

A 14-year-old girl died of an apparent self-inflicted gunshot wound Thursday after shooting and injuring another female student inside a high school in West Texas, according to the local sheriff.

Authorities did not release a possible motive for the gunfire that erupted shortly before 9 a.m. at Alpine High School in Alpine, a town of 5,900 about 220 miles southeast of El Paso. The shooting was followed by a series of unrelated threats made by a male caller that added to the chaos of the morning and diverted law enforcement from the high school.

"That's ridiculous for someone to call in something like this when we've got this situation going on," Brewster County Sheriff Ronny Dodson told radio station KVLF.

The sheriff said the family of the girl who died had moved to the Alpine area about six months ago. She was a freshman at the school.

Dodson said the injured student ran outside seeking help and was taken to a hospital with injuries that weren't considered life threatening.

THE ASSOCIATED PRESS

People gather near the Alpine High School after a shooting, in Alpine, Texas, Thursday. THE ASSOCIATED PRESS

Clinton opens up about aloof persona

U.S. POLITICS

In interview, nominee recalls some formative experience

Rebecca Williams
Metro | Toronto

Hillary Clinton spoke openly in a new interview published by Humans of New York Thursday.

The Democratic presidential nominee retold a story about taking a law admissions test at Harvard and having to endure heckling by her male counterparts.

"My friend and I were some of the only women in the room, I was feeling nervous," she says. "And while we're waiting for the exam to start, a group of men began to yell at us ... it turned into a real 'pile on.' One of them even said: 'If you take my spot, I'll get drafted, and I'll go to Vietnam, and I'll die.'"

Clinton went on to perhaps challenge some of her critics head-on concerning her "aloofness."

"But I had to learn as a young woman to control my emotions ... And sometimes I think I come across more in the 'walled-off' arena. And if I create that perception, then I take responsibility."

The nominee's open comments about the balance between needing to "protect yourself" while not wanting to "seem 'walled off'" struck a chord with some women online.

"Women all over the world know this as fact, all too much. Be quiet, but not too quiet. Be smart, but not too smart ... it goes on and on," wrote a woman by the name of Michelle Jenkins in one of the top comments on the Humans of New York's Facebook post of the interview.

Hillary Clinton greets supporters Thursday at a campaign event in Charlotte, N.C. THE ASSOCIATED PRESS

MIDDLE EAST

Syria retakes territory as talks with U.S. and Russia loom

Syrian government forces and their allies captured new ground on the edge of the contested northern city of Aleppo on Thursday, tightening the siege on rebel-held parts of the city, state media and an activist group said.

The latest push came after pro-government troops recaptured several military academies over the weekend that they had lost in attacks by insurgents a month ago.

The government advance also endangers talks between Russia and the United States over a possible Aleppo cease-fire. The city, Syria's largest and once its commercial hub, has been the focus of fighting in recent months.

The Britain-based Syrian Observatory for Human Rights said government forces backed by allied groups, including the Lebanese Hezbollah militant group, captured the Ramouseh neighbourhood on the southern edge of Aleppo.

Syrian state news agency SANA quoted an unnamed military official as confirming that pro-government troops had captured large parts of Ramouseh as well as a nearby hill.

Fighting continued to rage on the southern edge of Ramouseh, according to rebel fighters, and residents of the adjacent opposition-held neighbourhood of al-Sukkari reported heavy shelling.

In a sign of the deepening conflict in Aleppo, Capt. Abdel-Razzak Abdel-Salam, a spokesman for the rebel group Nour el-Din el-Zinki, said rebel fighters resumed shelling the Castello road, the government-captured highway that was considered in international talks as a potential corridor for humanitarian aid.

160

The British-based Observatory for Human Rights reported that 40 days of fighting in Aleppo has killed nearly 700 civilians, including 160 children.

The rebels had been arguing that Ramouseh, when they controlled it, could be an alternative route for humanitarian aid. But now it is under government control.

Talks between Moscow and Washington have been bogged down over ways to create a lasting a cease-fire in Aleppo, among other issues.

Abdel-Salam said that even while the Syrian government and its ally Russia were negotiating with the U.S. on a cease-fire in Aleppo they were plotting a "new betrayal" of besieged neighbourhoods, violating the spirit of the talks aimed at allowing humanitarian aid into opposition districts.

He said that "events have overtaken" cease-fire talks. "All options are open," including fighting the government on new fronts, he added.

In Turkey, Saudi Foreign Minister Adel al-Jubeir said the Syrian government was not "serious" about maintaining or reaching a cease-fire through diplomatic efforts. He said the government had rejected a plan for political transition presented by the Syrian opposition in London Wednesday.

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iPhone 7 will cost more for us

TECHNOLOGY

Price is eight per cent higher than south of border

Even after allowing for currency exchange, Canadians will pay more than their American neighbours for the latest iteration of the iPhone.

The differential on top of an adjustment for the strong U.S. dollar adds about eight per cent to the list price of the just-announced iPhone 7 series — without a contract and depending on the handset's size and storage capacity, said Sentry Investments vice-president Andy Nasr.

That calculation is for an iPhone 7, which is largely similar to the iPhone 6, although it boasts improved camera function, better sound, greater water and dust resistance and a longer battery life. The phone starts at $899 Cdn and $649 US, with preorders beginning Friday.

With the U.S. dollar worth about $1.29 Cdn, that $649 south of the border translates into about $839 here.

Apple reserves the right to adjust pricing when it launches the iPhone 7S, likely in mid-2017. And customers in Canada can receive a rebate of up to $325 on their legacy smartphones if they exchange the handset for an iPhone 7 or 7 Plus at an Apple retail outlet.

Some analysts said buyers should hold off on a new iPhone until 2017 when Apple will likely unveil a more radically re-engineered, possibly all glass iPhone 8 to mark the tenth anniversary of the popular consumer device.

TORSTAR NEWS SERVICE

SHARING ECONOMY

Airbnb vows changes after racism charges

Airbnb on Thursday apologized for its slow response to accusations of racism and outlined new policies to combat the problem, including reducing the prominence of photos in the booking process.

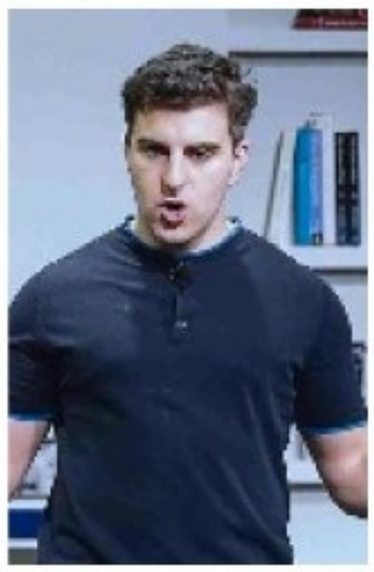
The company also plans to automatically block future reservations for dates where a host has told someone that a property was unavailable.

Numerous anecdotes on social media with the hashtag #AirbnbWhileBlack recounted incidents in which African-American guests were told listings were unavailable for the dates they wanted, only to see those same listings re-advertised later for the same dates.

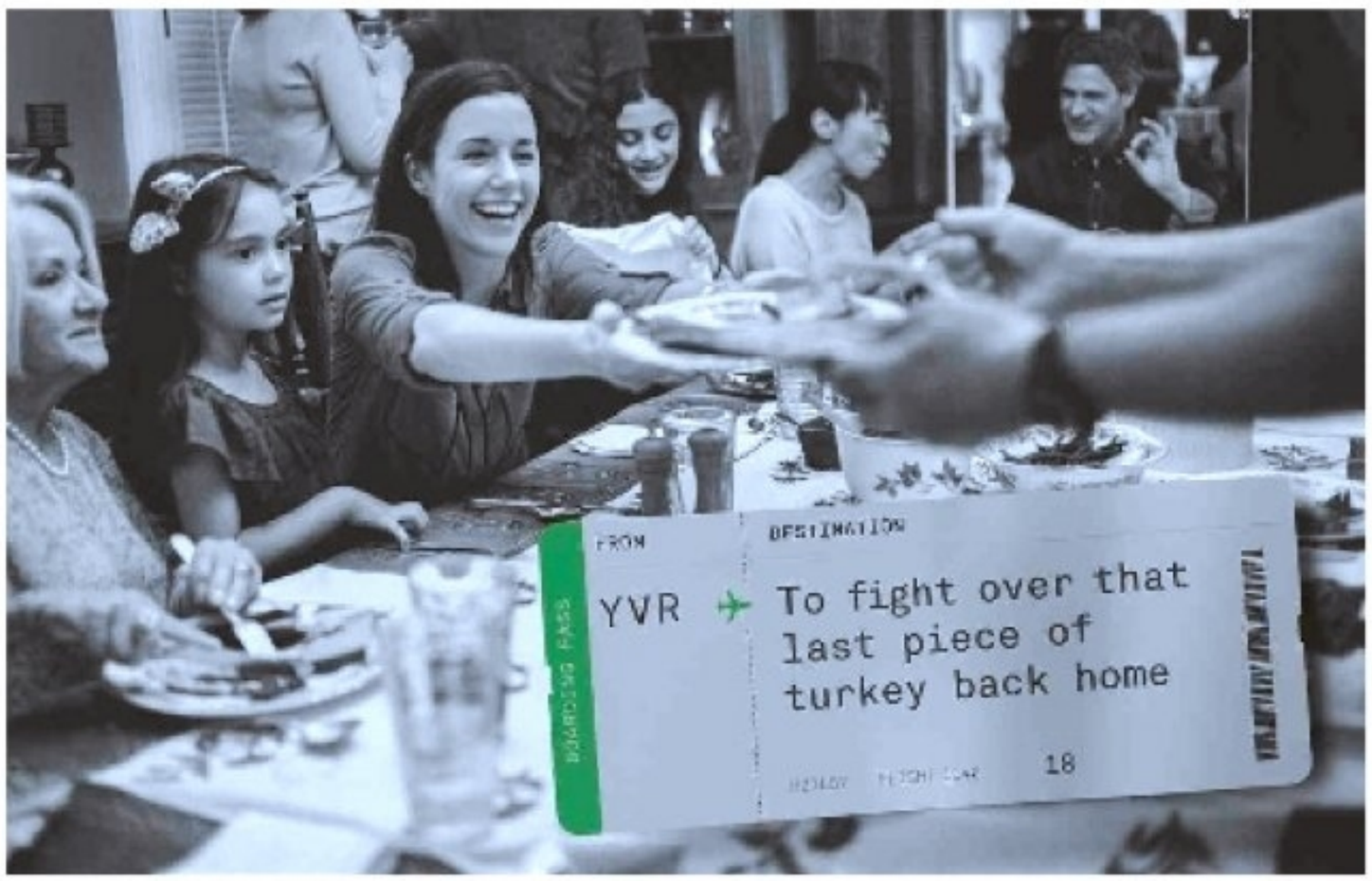
"We have been slow to address these problems, and for this I am sorry," said Airbnb co-founder and CEO Brian Chesky in a message published on the vacation rental website's blog.

Airbnb did not bow to critics' requests that they remove profile photos entirely so that hosts can't reject guests based on appearance, saying photos are an important security feature so hosts can recognize guests when they check in.

THE ASSOCIATED PRESS



Airbnb co-founder and CEO Brian Chesky apologized for being "slow to address" problems. THE ASSOCIATED PRESS



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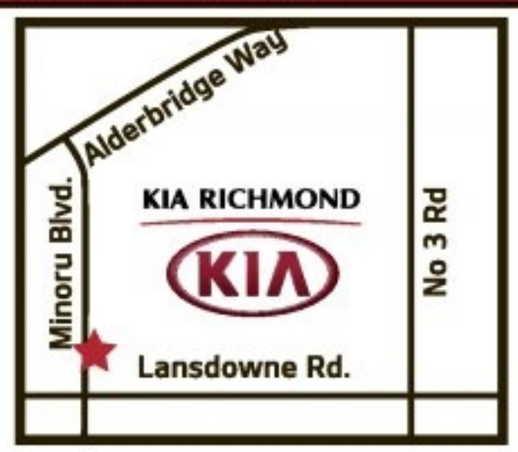

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metro SCIENCE

Your essential daily news

Baby booze: The more advertising teens see for particular alcohol brands, the more they drink — of those brands, and alcohol overall

DECODED by Genna Buck and Andrés Plana

LET'S GO CATCH AN ASTEROID

NASA's **Origins, Spectral Interpretation, Resource Identification, Security-Regolith Explorer (OSIRIS-REX)** blasted off yesterday, hurtling to the asteroid Bennu. If it succeeds in its mission to bring home a piece, this will be the first asteroid sample ever collected, and the largest souvenir taken home from space since the days of the moon missions.

The asteroid **Bennu** orbits the sun, passing between Earth and Mars, every 1.2 years.

OSIRIS is going to execute a "sling-shot" orbit around the Earth on its path to Bennu, harnessing the gravity of our planet to propel it toward the asteroid.

The three-metre articulated arm on OSIRIS, not unlike the hose on a vacuum cleaner, will very gently and slowly suck up some asteroid dust to bring back to Earth in 2023.

When it arrives at the asteroid in 2018, OSIRIS will use high-tech cameras and spectrometers to make a detailed, 3D map of Bennu's surface. Once it knows every inch, it will select a loose, dusty spot from which to take a 50g sample — four tablespoons or so.

At 492 metres across, Bennu will be the smallest object a NASA spacecraft has ever orbited around.

WHY STUDY BENNU?

Asteroids, NASA says, are "leftover debris from the solar system formation process." Scientists think Bennu has the same carbon-based molecules needed for life to emerge on Earth. One hypothesis says asteroids hitting our planet over the millennia brought us organic compounds and the water that eventually filled the oceans. Bennu is also one of the objects NASA fears could wreak havoc if it impacts the Earth. Odds of it hitting us in the next two centuries: 1 in 2700. Osiris's aim is to get to know the (potential) enemy.

CITIZEN SCIENTIST by Genna Buck

Should I be freaked out by double yolks?

I got six double-yolked eggs in one carton. Why would this happen? Are they safe? It seemed like an overdose of hormones or something to me, so I threw them out just in case. — Deena, Toronto

I put your question to Frank Robinson, a professor of poultry physiology at the University of Alberta who calls himself a "chicken gynecologist." He said you have nothing to worry about,and what you found wasn't even unusual.

"I've had this question a couple of times," he said. "You get double-yolked eggs in two situations. One is when hens are really young, and two is when they're grossly overweight. The chickens that lay the eggs you buy never really get overweight."

Your eggs, Deena, were likely laid by what Robinson called "overexcited teenage chickens" with hyper-stimulated ovaries; not due to added hormones, but because that's natural at their age.

If a farmer's flock is all young chickens, nearly all the large and extra large eggs they produce will be double-yolked. Eggs are sorted by weight. Because of the way they're processed and shipped, it's common for a dozen to all be from the same farm. Therefore it's not uncommon for all or most eggs in one carton to be doubles, Robinson explained.

Robinson said it drives him nuts when eggs are marketed as "raised without added hormones": chickens have been raised without hormones, by law, since the 1960s.

I think the lesson here is about staying skeptical (not contrarian or obtuse, just skeptical), about the "facts" we take for granted — like the idea that chickens are raised with artificial hormones, an issue that has drawn a lot of public concern.

Hormones are used in agriculture in Canada, but not in poultry or pork production. If we decide, as a community, that's not something we want to do, we have to make that decision based on sound science, not panic.

Science Question? Tweet @genna_buck

FINDINGS
Your week in science

LIANA JOSEPH

THAT'S WILD
In the past 20 years, a tenth of the world's unspoiled wilderness has been lost, according to a new study in the journal Current Biology. That's equal to the size of Alaska. The Amazon and central Africa saw the most devastation.

DON'T FORGET IT
A review in the journal Nature of seven past studies found yes, there does seem to be a higher risk of Alzheimer's disease among people who are regularly exposed to low doses of pesticides over a long periods — especially if they handle them at work.

SOUND SMART

DEFINITION
Trepanation is punching a hole in the skill, either for a real or imagined medical reason or alleged spiritual enlightenment (do NOT try this at home!). A new study shows modern **trepanation**, craniotomy, is better than other treatments for severe, traumatic brain injury.

USE IT IN A SENTENCE
Deborah got all excited by videos of at-home **trepanation** on YouTube, but we stopped her before she could drill a hole in her head.

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Your essential daily news
Weekend, September 9-11, 2016

The Wild Life, opening this weekend, is the latest animated film to tell a story from the point of view of animals. CONTRIBUTED

Talking animals rule the theatre

ANALYSIS

Studios try to make bank on humanizing our furry pals

Richard Crouse
For Metro Canada

Broad vocabulary, grammar and syntax are the domain of humans, but science tells us millions of species communicate by using body language and intuitive calls. Chimps can be taught to sign simple phrases and elephants have individual sounds to signify danger and emotions, but complex storytelling is left to us humans.

Unless you're at the movies. This year, theatres have been overrun by hordes of anthropomorphic animals. From Zootopia and Nine Lives to The Secret Lives of Pets and The Jungle Book, animals have been talking up a storm.

This weekend The Wild Life becomes the latest animated film to tell a story from the point of view of wildlife. A riff on Daniel Defoe's classic tale of survival, Robinson Crusoe, the film's narrator is a bright red parrot named Mak (David Howard).

In this version, Crusoe crash lands on an island where animals rule and must work with the chatty Mak, a tapir named Rosie and Kiki the kingfisher to save their home from an invasion by some savage felines.

Disney has the grandest tradition of talking animals — Mickey Mouse to The Little Mermaid's Sebastian the Crab and Jiminy Cricket to name just a few — but they are not the only ones putting words into our pet's mouths.

Flushed Away comes from Aardman, the animation company behind Wallace and Gromit.

The story of an upper class pet mouse flushed down the loo by a bullying rat features great animation, an all-star British voice cast and something that all kids love — toilet humour. It swirls along at quite a clip, effortlessly mixing literate verbal and visual jokes — we glimpse a cockroach reading Kafka's Metamorphosis — with potty humour that'll appeal to the kids.

G-Force's talking crime fighting guinea pigs come courtesy of über-producer Jerry Bruckheimer. The voice cast includes not one, but two Oscar winners, which may be an indication that the recession has finally taken root in Hollywood.

When the best gig Penelope Cruz can get involves saying lines like "Oh, I have to save his fur again?" you know times are tight for A-listers.

Pixar's Ratatouille is an unusual cross between America's Next Top Chef and Willard. Remy (voiced by Patton Oswalt) is a sophisticated rodent with a highly developed sense of smell and a wicked sense of humour.

While his rat brothers and sisters are happy to simply survive by scavenging through the garbage, Remy aspires to culinary greatness. Ratatouille does something no other film has been able to — not that a lot of have tried — it makes rats cute, lovable even.

On the live action front, Zookeeper, or as any Kevin James movie could be called, "Fat Guy Falling Down… A Lot," plays like Dr. Doolittle if Dr. Doolittle was a romantic comedy for kids. Luckily the animals come to the rescue. Luckily the monkey from The Hangover 2 has some of the film's best lines. Adam Sandler provides the monkey voice, but also listen for the beastly vocal work of Cher, Nick Nolte, Don Rickles and Sylvester Stallone.

MOVIE RATINGS by Richard Crouse

Sully	★★★
The Wild Life	★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

INTERVIEW

'Gesture is political' in Window Horses

Japanese-Canadian filmmaker Ann Marie Fleming was motivated by social and political unrest as she made her animated film Window Horses, featuring the voices of Sandra Oh, Ellen Page and Don McKellar.

Oh voices the main character, a 20-something Vancouver poet of Chinese and Persian descent whose life changes while she attends a literary festival in Iran. The film is screening at the Toronto International Film Festival, which runs Sept. 8 to 18.

"The reason why I wanted to do this film and why I moved it to Iran and why I think it's important to do now is I wanted to make a gesture of understanding, compassion and intolerance in this world of increasingly dark images and xenophobia and fear," says Fleming.

"This is not a political film in any way, but the gesture is political. I just wanted to make some lightness, to be able to see people for what we have in common and how poetry — poetry! — is actually the glue that's put us all together through all these millennia."

We recently spoke with Fleming about the film, which she wrote, directed and produced (in co-production with the National Film Board of Canada). It's slated to hit theatres in spring 2017.

What is the film about?

It's about a young woman who's invited to a poetry festival in Iran, where she finds out all these truths about her father who she thought abandoned her as a small child. So it's about family history and about discovering your own voice through the voices of others.

What is the history of the film?

It started as a crowdfunding project and Sandra Oh came onboard, who I've known for a lot of years, and she loved, loved, loved the story and she loved the animation. So she came on as executive producer and she got all of these incredible actors to come onboard.

This is a very small film, it's very low-budget and I had Don McKellar, Ellen Page, Nancy Kwan, Shohreh Aghdashloo, Navid Negahban, Omid Abtahi. All of these people who all came because of Sandra. I'm just so lucky.

THE CANADIAN PRESS

Japanese-Canadian filmmaker Ann Marie Fleming's animated feature Window Horses features the voices of Sandra Oh and Ellen Page. THE CANADIAN PRESS/TIFF HANDOUT

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Son of Spock boldly goes back

QUOTED

The misunderstood Leonard Nimoy
"People confused him with Mr. Spock and asked him what it was like to live on Vulcan," explained Nimoy of his dad naming his autobiography I Am Not Spock. "Up until the very last years of his life, he was trying to explain how he mistitled that book."

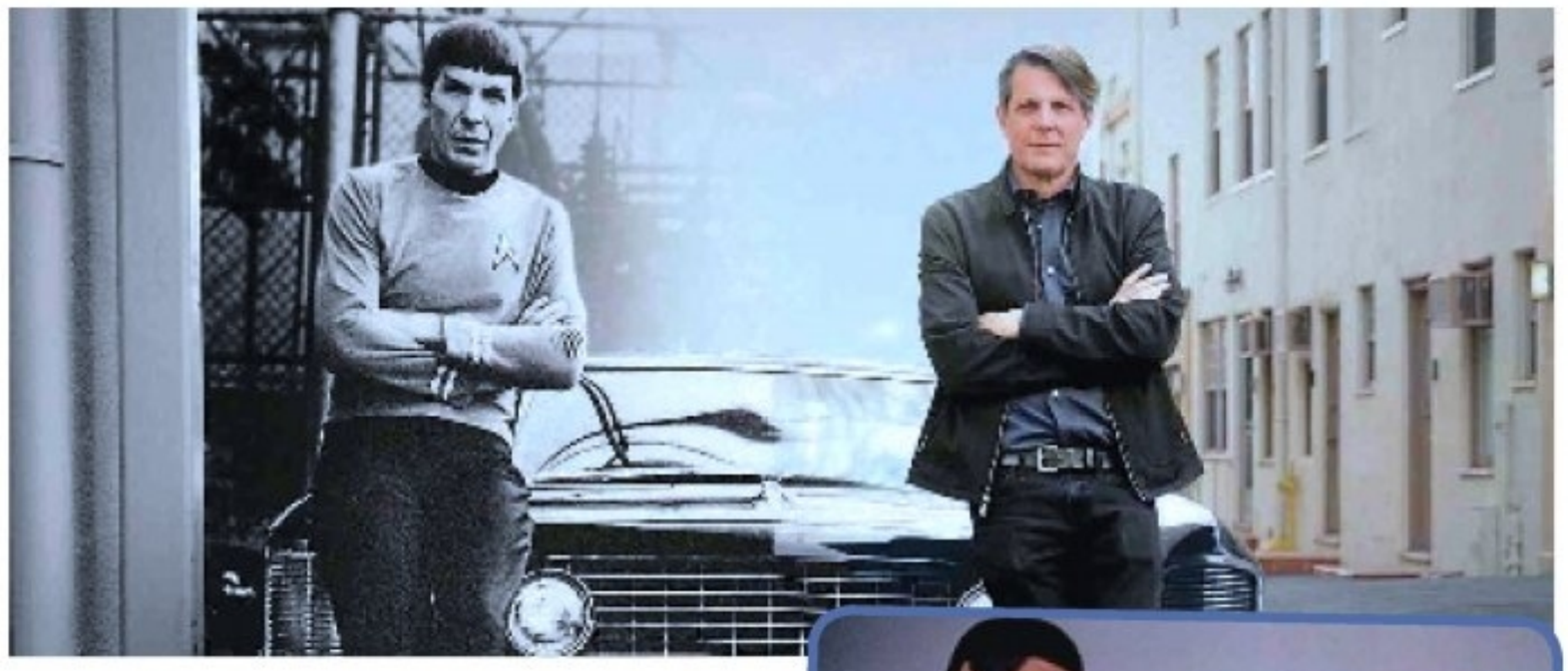
The power of Spock
"Spock is great to look at. He's just so compelling and so interesting," said Nimoy of the character's resonance. "Spock was the guy who stood up, said it's cool to be an outsider."

Spock, before and after
"After my dad passed away there was this huge outpouring of emotion from everywhere," said Nimoy of the documentary's shift in focus to pay homage to the actor behind Spock. STEVE GOW/METRO

INTERVIEW

Adam Nimoy delves into life with the man behind the ears

Steve Gow
For Metro Canada



The son of Star Trek legend Leonard Nimoy remembers the first time he realized just how famous his father actually was.

Adam Nimoy was much younger then, and even though he also loved a new TV show called Star Trek, the son of Spock wasn't prepared for the barrage of fans that accosted the pair during a family visit to a West Los Angeles carnival.

"We were mobbed and had to leave immediately, it was really a weird scene," said Nimoy while promoting his film For The Love of Spock. "That was when I realized that things had changed forever — that we were no longer experiencing the same lives we'd been leading."

For the actor's son, it also meant a lifelong struggle with his complex relationship to the man behind the pointy-eared Vulcan who has been part of the zeitgeist for 50 years.

Originally envisaged as a tribute to the character of Spock, the film quickly became an exploration of the father-son relationship after Leonard Nimoy's death last year.

"He had great humility — he wanted it to be focused primarily about Spock, not on the brilliant career of Leonard Nimoy," recalled the 60-year-old filmmaker. "(But) after he died, it became clear that so many people were affected by my dad's career and who he was as a human being that we needed to include his life and legacy as well."

As such, Nimoy interviewed such series' luminaries as William Shatner and Trek revivalist J.J. Abrams to discuss their memories even as he explores his own discordant relationship with his famous father.

Leonard Nimoy's wild fame led to many struggles for his son Adam, with whom he had a complex relationship. CONTRIBUTED

Still, as contentious as the Nimoy's youthful relationship was, Adam was always an admirer of Mr. Spock.

Ironically, it was this experience of fighting with fans for the affections of his own father that perhaps made him relate most to the character.

"This idea of being an outsider seems to be the number one reason why Spock has resonated with so many people," said Nimoy.

"There are a lot of great documentary filmmakers out there who could've done a great job on Mr. Spock and Leonard Nimoy but no one could've told my perspective, my particular unique story."

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Man behind biopic weighs in on Sully

SULLY SULLENBERGER

Retired pilot relives Miracle on the Hudson on big screen

Tom Hanks portrays the former U.S. Airways captain in Clint Eastwood's latest directorial offering. HANDOUT/TORSTAR NEWS SERVICE

Richard Crouse
For Metro Canada

On January 15, 2009, Sully Sullenberger was an airplane captain with 42 years of experience piloting a plane on a routine run from New York's LaGuardia Airport to a stopover at Charlotte Douglas International Airport. The next day he was a worldwide hero; an instant celebrity.

Shortly after takeoff his plane was disabled by a flock of Canadian Geese who flew into the engines, knocking out the plane's navigating system. In just under four minutes Sullenberger assessed the situation and, realizing there was no time to turn back, made the decision to land the craft on the Hudson River. The risky landing was successful and all 155 passengers and crew survived with only minor injuries.

To this day the now-retired pilot says that when he flies "other passengers often tell me, 'I feel so much safer now that you're on the airplane with us.' I'm not quite sure why they do, but I'm just glad they do."

The Miracle on the Hudson, as the New York press dubbed it, is now the subject of Sully, a biopic from director Clint Eastwood and star Tom Hanks.

"Watching the film, especially in the IMAX format makes you feel like you're on that flight with us," Sullenberger said, though it thankfully doesn't bring back the anxiety of the day for him.

"Enough time has passed, and I've had enough time to process this and make it a part of me and not something that just happened to me," he said. "I don't have quite the same emotions I had during that day, that flight, but the very first time I saw this film with my family it was a very emotional experience for all of us. The second time ... I was able to take it in as more of a usual movie-going experience and see some of the things I wasn't able to see the first time."

As for having Oscar winner Hanks portray him, Sullenberger said the two "talked in some detail about the script and the obligation (Hanks) felt to get it right because after the film was completed I would be going back to living my life and would have to live with however he portrayed me on screen."

Now that the movie is complete, he added that "it is a weird experience to see someone else onscreen portraying you and speaking words you actually spoke."

Sullenberger's story doesn't end with the landing. In the years since he has been named one of Time magazine's 100 Most Influential Heroes and Icons, written bestselling books and become a spokesman for St. Jude Children's Research Hospital. It's a whirlwind that changed his life forever.

"My family and I think of this story in two phases. There was the trauma of that flight itself — and then the trauma of suddenly becoming a world recognized public figure," he said. "Within a few months we had received 50,000 communications. Emails, letters, requests. The press was camped outside our house for 10 days. It was just overwhelming. It very quickly required finding a new way of living this life as public figures.

"We had to become more complete versions of ourselves to be able to do that."

FLIGHT 1549

Investigators irked by portrayal

Losing thrust in both engines but still managing to land an airliner full of people in the Hudson River without the loss of a single life is plenty dramatic. But the drama in Sully, about U.S. Airways Flight 1549, doesn't stop there.

The public, as well as pilots and others in the aviation industry, may get the wrong impression government investigators were trying to smear the pilot, Chesley "Sully" Sullenberger, some investigators have said.

"We're not the KGB. We're not the Gestapo," said Robert Benzon, who led the National Transportation Safety Board's investigation. "We're the guys with the white hats on."

It's true questions were asked over the course of the 18-month investigation, but that's just part of NTSB's meticulous process. That way the board can make safety recommendations.

Tom Haueter, who was the NTSB's head of major accident investigations at the time a, said he fears the movie will discourage pilots and others from fully co-operating with the board in the future. THE ASSOCIATED PRESS

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Howe Sound is glass-still on the voyage from Gibsons Landing to Keats Island, save for the odd motorboat wake jostling the kayak.

The peace is also broken momentarily as a seal bursts out of the water, letting out a hearty snort before it dives back beneath the surface.

Gibsons is a quaint and colourful town at the southern end of British Columbia's Sunshine Coast, a 180-kilometre stretch of picturesque oceanside communities and jagged coastline along the Strait of Georgia.

Many visitors to Gibsons get a kick out of the numerous nods to the long-running Canadian sitcom The Beachcombers, which was filmed in the town and ran from 1972 to 1990.

The Persephone, the tug piloted in the show by log salvager Nick Adonidas (played by Bruno Gerussi), sits on a prominent street corner in the centre of town, right by Molly's Reach, the cafe where much of the action took place.

"Someone gets their picture taken every day in front of Molly's Reach," says bed-and-breakfast owner Celia Robben, who heads up Sunshine Coast Tourism.

"To a specific demographic, it's definitely a draw... If you're under 30, you don't have a clue."

Most visitors arrive at the Sunshine Coast via ferry from Vancouver's Horseshoe Bay. The northern part of the Sunshine Coast can also be accessed by ferry from Comox, on Vancouver Island.

Robben estimates up to half a million visitors come to the region every year, though the summer is by far the busiest time. The permanent population is only about a tenth of that.

"We're very much a cottage country for Vancouver and the Lower Mainland," she says.

Robben and her husband moved to Gibsons about a decade ago from Houston to open their B&B, Arcturus Retreats. She recalls making the decision while on a ski vacation in Whistler.

"As we were driving up the Sea-to-Sky (Highway), we were looking over at the Sunshine Coast, seeing our future home at a distance," she says. That was in February.

> **We're very much a cottage country for Vancouver and the Lower Mainland**
>
> Celia Robben, bed and breakfast owner

"By July, we were house-hunting."

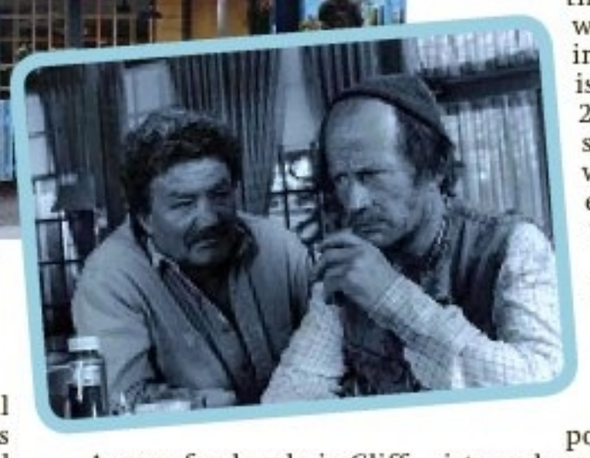
Outdoor activities are a big draw, says Robben. In a climate where temperatures rarely dip below O C, kayaking, mountain biking and hiking can be done year-round.

In the winter, there's also cross-country skiing and snowshoeing on Dakota Ridge - a quiet alternative to packed resorts elsewhere on the West Coast.

"You can come over here and be on the trails on your own," says Robben. For hikers on the Sunshine Coast Trail, warming huts are also available throughout the winter.

In Gibsons, there's a steep but short hike up Soames Hill that ends with stunning views of the town, Howe Sound and the surrounding mountains.

While millennials will probably not get the reference, Molly's Reach is a popular photo opp for tourists who remember the CBC show Beachcombers, which ran from 1972 to 1990. ISTOCK; INSET HANDOUT



A gem for locals is Cliff Gilker Park, in Roberts Creek to the north, with trails of varying lengths and scenic views of waterfalls.

Even farther up the coast is Skookumchuck Narrows Provincial Park, where hikers, if they time it right, can see powerful tidal rapids in action.

The Sunshine Coast is also a magnet for art lovers, Robben says, with painters, potters, jewelry makers and glass blowers setting up shop in the region.

A purple banner outside an artists' studio signifies that the public is welcome to pop in. An "art crawl" is set for Oct. 21-23 along the Sunshine Coast Highway. Last year's event included 125 venues.

The region's tourism website boasts that the area is "home to the highest per capita population of artists and crafters in Canada."

THE CANADIAN PRESS

Cleveland rocks

At the Blue Arrow Records in the Waterloo Arts District in Cleveland, I was stepping on music history, going through an array of influential music. EMANUELA CAMPANELLA/TORSTAR NEWS SERVICE

OHIO

Former Rust Belt city has bounced back

Emanuela Campanella
For Torstar News Service

Walking down the streets of the Waterloo Arts District, I stumbled upon an indie record shop called Blue Arrow Records. I felt like I was walking on music history, with floors covered in old record posters. Dracula's greatest hits were underneath my right foot and nearby was Elvis Presley looking oh so handsome.

GROWING
Cleveland's population has increased by 79 per cent since 2000, according to Downtown Cleveland Alliance

At that moment, I realized, Cleveland is a special place.

"What's there to do in Cleveland?" my family had asked me.

Well, it's a little jewel that Canadians tend to bypass for cities like New York and Chicago.

One corner of the Waterloo Arts District looked like a revitalized junk yard, sprinkled with what looks like Christmas lights and sculptures. This is Cleveland now — revitalized through arts.

Like Pittsburgh or Detroit, Cleveland was part of the Rust Belt. It lost a lot of people when the manufacturing industry collapsed.

Thanks to tax credits, low property cost and a huge investment into the arts, Cleveland's population has now bounced back.

The city is home to 78th Street Studios, 170,000 square feet of art galleries, artist studios, performance spaces and music recording studios. Every third Friday of the month, the "eclectic art maze," originally home to the Baker Electric Motor Vehicle Co., opens for a night of visual exhibits.

You will see metal track doors and old freight elevators where the cars were once taken down to the loading docks for distribution. Now the place is roaming with creative types who've put their love and sweat into their paintings, photographs and sculptures.

Besides the burgeoning arts movement, Cleveland has a long history with music. At the Rock & Roll Hall of Fame, you literally go through the majestic evolution of music.

There's Michael Jackson's sparkly glove, Janis Joplin's psychedelic Porsche and scribbled lyrics from the Beatles.

With the world's largest collection of rock artifacts, the Hall of Fame reminds you that music lives strong, no matter what political unrest or turmoil is happening across the globe.

On a smaller scale, the Happy Dog at Euclid Tavern is an ultra retro bar that has become an institution and a true Cleveland treasure for live music. I sank my teeth into a gourmet hot dog topped with Froot Loops during the kitsch "Polka Happy Hour." Only here will you get an intimate show by Cleveland Orchestra musicians.

If you're feeling fancy, go to Severance Hall to catch the Cleveland Orchestra. There's something chilling about hearing 100 members of the orchestra perform together for a full-on classical experience.

Tenacity meets style in a town where you can browse modern art inside a turn-of-the-century car factory, hear the orchestra perform live inside the local hot dog joint and chow down on pierogis at the legendary Beachland Ballroom concert venue.

While admiring the intricate red and yellow hues from hand blown glass at the Glass Bubble Project in the Ohio City neighbourhood, I was told by owner and artist Mike Kaplan that once you catch the art "bug," in Cleveland, it's hard to leave.

Emanuela Campanella was hosted by Destination Cleveland, which didn't review or approve this story.

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Allen Iverson arrived about 90 minutes late for the pre-induction news conference at the Naismith Memorial Hall of Fame on Thursday

Champs skin cats again

NFL

Panthers miss late field goal try in Super Bowl rematch

Denver's dominant defence came up big against Cam Newton again and the Broncos escaped with a 21-20 victory over the Carolina Panthers Thursday night when Graham Gano missed a 50-yard field goal with four seconds remaining.

Newton was sacked three times and clobbered all night long but appeared to have done just enough to get a measure of revenge for that bludgeoning seven months earlier in Super Bowl 50, when Von Miller stripped the ball and the Lombardi Trophy from his grasp.

THURSDAY In Denver

BRONCOS	PANTHERS
21	20

Newton put the Panthers on the cusp of victory with a 21-yard pass to Kelvin Benjamin at the Denver 32 in the closing seconds, and another short pass to Ted Ginn Jr. put Gano well within his range.

But Gano was wide left, and Trevor Siemian trotted out to take a knee in victory formation after his successful first NFL start. Peyton Manning's successor finished 18 of 26 for 178 yards, one TD and two interceptions.

Newton, the NFL's reigning MVP, was 18 of 33 for 194 yards with one TD and one interception.

Just as he did over and over in the Super Bowl, Miller made a big play, sweeping past right tackle Mike Remmers and sacking Newton. That set up fourth-and-21 from the Carolina 29 at the two-minute warning and Newton threw incomplete but got a reprieve.

Cornerback Chris Harris Jr., whose interception led to Denver's go-ahead score minutes earlier, was called for illegal use of the hands, giving Carolina fresh hope.

The Panthers took a 17-7 lead into the fourth quarter of the first Super Bowl rematch to start a season since 1970 but Siemian hit running back C.J. Anderson for a 25-yard touchdown on the next snap.

Newton's next pass was intercepted by Harris at the Carolina 23 and 10 plays later, Anderson bulled his way in from the 1 to give Denver its first lead at 21-14 with 9:26 remaining.

That came after the Broncos went for it on fourth-and-18 inches from the 1-1/2 and Anderson gained just enough for a new set of downs, then punched it in three plays later. THE ASSOCIATED PRESS

TAKE A KNEE

Broncos linebacker Brandon Marshall, a college teammate of Colin Kaepernick, took to a knee during the playing of the national anthem.

Broncos linebacker DeMarcus Ware sacks Panthers quarterback Cam Newton on Thursday night. JACK DEMPSEY/THE ASSOCIATED PRESS

Seahawks plan a display of unity

Seattle Seahawks wide receiver Doug Baldwin tweeted Thursday that the team "will honour the country and flag" in a "demonstration of unity" prior to Sunday's season opener against Miami.

Baldwin declined to elaborate further saying, "you'll see on Sunday."

Former Green Beret and one-time Seahawks long-snapper Nate Boyer later tweeted that he had spoken with the Seahawks players about their plans and wrote, "what the team will do is a powerful sign of unification + respect for the Anthem + those that fight for our Freedom!"

Doug Baldwin GETTY IMAGES

In an interview with Fox Sports Radio later Thursday, Boyer expanded on his tweet.

"The Seahawks, and probably every team, will be honouring those who serve in camouflage, and also those in blue who served on such a difficult day," Boyer said. "Shortly after 9-11 our country seemed more unified than I had ever experienced, and was the most unified it has been since I have been alive. Since that date, we have grown farther apart in our unity. Standing together this Sunday is key to making progress. What the team will do is a powerful sign of unification." THE ASSOCIATED PRESS

Serena sent home after semifinals

U.S. OPEN

Ailing Williams upset by 10 seed from Czech Republic

Serena Williams was upset in the U.S. Open semifinals for the second year in a row, beaten 6-2, 7-6 (5) by 10th-seeded Karolina Pliskova on Thursday night.

Williams, who clutched at her left leg between points in the second set, double-faulted to end it.

Afterward, her coach, Patrick Mouratoglou, said Williams injured her left knee in the quarterfinals.

The loss prevents Williams from earning her seventh championship at Flushing Meadows and 23rd major title overall, which would both have been Open-era records.

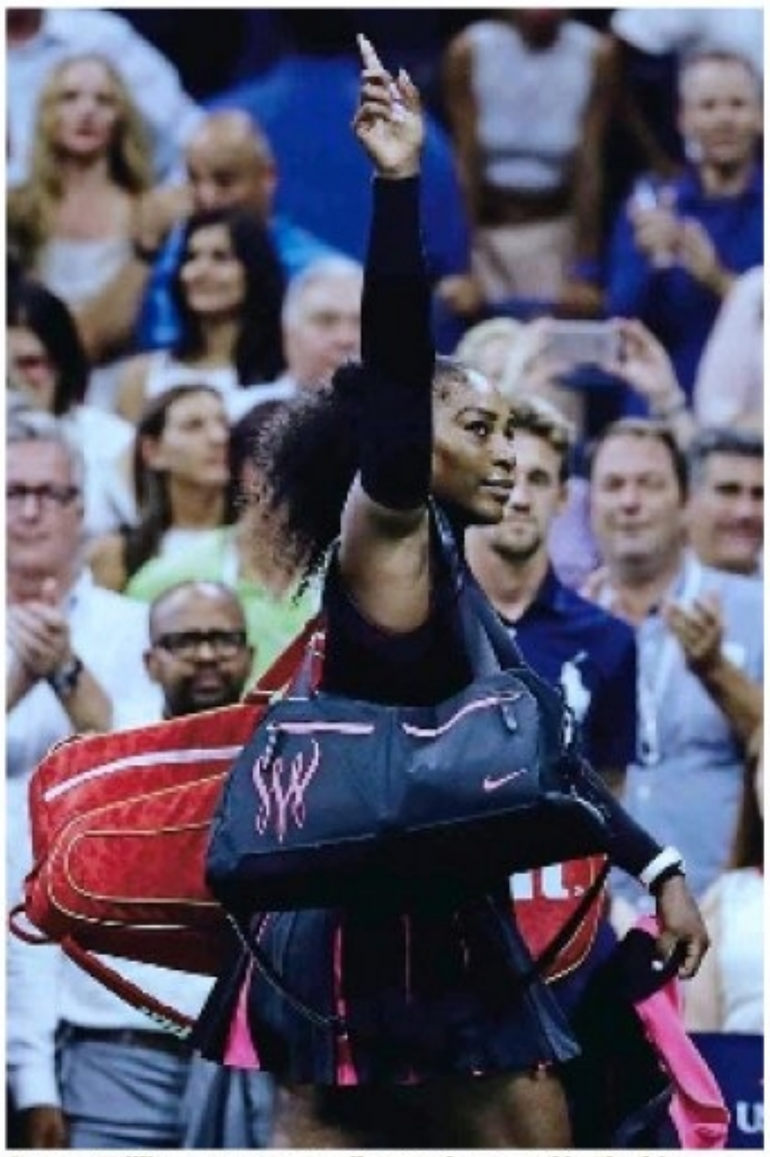
It also means Williams' 3-1/2-year reign at No. 1 in the WTA rankings will end. She will be overtaken on Monday by current No. 2 Angelique Kerber, who topped Caroline Wozniacki in Thursday's second semifinal.

A year ago, Williams' bid for a calendar-year Grand Slam ended when she lost in the U.S. Open semifinals to unseeded Roberta Vinci of Italy.

This was the 33rd major semifinal of Williams' career, and the first for Pliskova, who beat the 34-year-old American's older sister Venus in the fourth round. Pliskova is only the fourth woman to beat both Williams siblings during the same Grand Slam tournament.

And to think: The 24-year-old Pliskova had never been past the third round in 17 previous appearances at majors.

But on Thursday, she certainly looked the part of an up-and-comer with the strokes and demeanour to go far.



Serena Williams waves goodbye to the crowd in Flushing Meadows on Thursday night. JULIO CORTEZ/GETTY IMAGES

The air was muggy and still, and Williams kept using the pleats of her black-and-pink skirt to wipe her sweaty palms between points.

Watching Williams miss shot after shot — 31 unforced errors in all — one couldn't help but wonder why.

One thought: Maybe it was a recurrence of the soreness in her right shoulder that became bothersome in the days right after she won singles and doubles titles at Wimbledon two months ago. Or perhaps it was the toll of the grueling three-set quarter-final against Simona Halep that concluded less than 22 hours before the semifinal started. But by the latter stages, Williams kept reaching for her left leg.

THE ASSOCIATED PRESS

IN BRIEF

McDavid captains North America to exhibition win

Edmonton Oilers forward Connor McDavid was named Team North America's captain for the World Cup of Hockey on Thursday ahead of its first pre-tournament game.

Philadelphia Flyers forward Sean Couturier and Florida Panthers defenceman Aaron Ekblad were named alternate captains.

North America topped Europe 4-0 in Quebec City.

THE CANADIAN PRESS

RIO SCANDAL

Lochte forced to forfeit prize money

Ryan Lochte will forfeit $100,000 and a chance to swim at next year's world championships as part of the penalty for his drunken encounter at a gas station in Brazil during last month's Olympics.

The U.S. Olympic Committee and USA Swimming announced the penalties Thursday. Lochte is banned through the end of June. That means he won't be able to qualify for July's world championships, which normally don't draw top fields in the year after the Olympics.

Lochte will also get no monthly funding from either the USOC or USA Swimming.

THE ASSOCIATED PRESS

20

The number of hours in community service Lochte must perform as part of the penalty.

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Jose Mourniho and Pep Guardiola face off in England for the first time on Saturday morning. GETTY IMAGES

A huge derby with an added dimension

SOCCER

Manchester's big one is first BPL faceoff for Jose and Pep

Mourinho United vs. Guardiola City. Or, as it's been known for the previous 171 games, the Manchester derby.

Never before in the 135-year history of the game has the intrigue and anticipation focused so much on the rivalry between the managers and their personal missions.

A build-up intensified due to the two-week Premier League break has often cast the players as the supporting act as two of soccer's greatest coaching minds compete for supremacy in the northern English city.

When they faced off in Spain, about 400 miles separated Pep Guardiola's Barcelona and Jose Mourinho's Real Madrid. Now, they're on opposite sides of town.

"I've played in derby games in Germany but this should be a great match and one I'm really looking forward to, especially because Pep Guardiola is taking on Jose Mourinho," said Leroy Sane, who joined City last month from Schalke. "It should be a special game and we can sense the expectation all around the city from our supporters. It's going to be exciting."

> **It should be a special game.**
> Manchester City's new signing Leroy Sane

Of their nine meetings in Spain, Guardiola won five and Mourinho only two. Before then, when Mourinho was at Inter Milan, the Portuguese mastermind only one victory over Guardiola's Barcelona and lost two of the other three encounters.

The duo spent the off-season trying to downplay any tensions, including dismissing speculative, goading inquiries about whether they would shake hands before a friendly in Beijing that had to be postponed because of bad weather.

Both Mourinho's United and Guardiola's City are putting perfect starts on the line, but it's only the fourth round of the Premier League, resuming after the break for World Cup qualifying. Guardiola's derby plans were disrupted by top scorer Sergio Aguero being suspended, with 19-year-old striker Kelechi Iheanacho the only direct replacement available.

THE ASSOCIATED PRESS

MLB

Resurgent Yankees edge Tampa Bay

Tyler Austin wasn't sure if Yankees manager Joe Girardi would let him face a right-hander in the ninth inning. Switch-hitting veteran Mark Teixeira was still on the bench, and the right-handed hitting Austin isn't far removed from a long slump.

Girardi stuck with the rookie, and he came through, helping the Baby Bombers continue their unlikely push into postseason contention. Austin hit a solo homer in the ninth to give New York its season-high fifth straight victory, 5-4 over the Tampa Bay Rays on Thursday night. Brian McCann hit two homers for the Yankees, who moved a season-high nine games over .500 (74-65).

After blowing three leads during the first six innings, New York moved within two games of Baltimore for the second AL wild card and four games of AL East-leading Boston. Resurgent New York plays 20 of its remaining 23 games against division opponents, putting it in position to compete for the playoffs.

THE ASSOCIATED PRESS

MLB IN BRIEF

Washington pitcher Strasburg suffers injury

Nationals pitcher Stephen Strasburg has a strained flexor mass in his right elbow, and there is no timetable for his return.

Washington director of athletic training Paul Lessard says the injury is not season ending and the ligament Strasburg had repaired with Tommy John surgery in 2011 is unaffected. Strasburg left his start Wednesday after feeling a pinch in the back of his elbow. THE ASSOCIATED PRESS

Mets make time for Tebow

Having flopped with the New York Jets, Tim Tebow will try to revive his career as an outfielder with the Mets.

Four years removed from his last regular-season snap as an NFL quarterback, the 29-year-old agreed Thursday to a minor-league contract with the Mets that includes a $100,000 signing bonus. He will report Sept. 18 to the Instructional League in Port St. Lucie, Fla.

THE ASSOCIATED PRESS

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9	3	7	8	1	5	6	4	2
6	8	1	7	2	4	3	9	5
4	2	5	9	3	6	1	8	7
3	7	2	5	8	1	9	6	4
8	1	4	6	9	2	5	7	3
5	9	6	4	7	3	8	2	1

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RECIPE Garlic Apple Grilled Cheese

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you're looking for a way to switch up your humble grilled cheese then allow us to introduce you to our garlic apple version. You may never just grill a few slices of cheese between bread again.

Ready in 15 minutes
Prep time: 5 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté till garlic is translucent, about 2 minutes.

2. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean plate.

3. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread.

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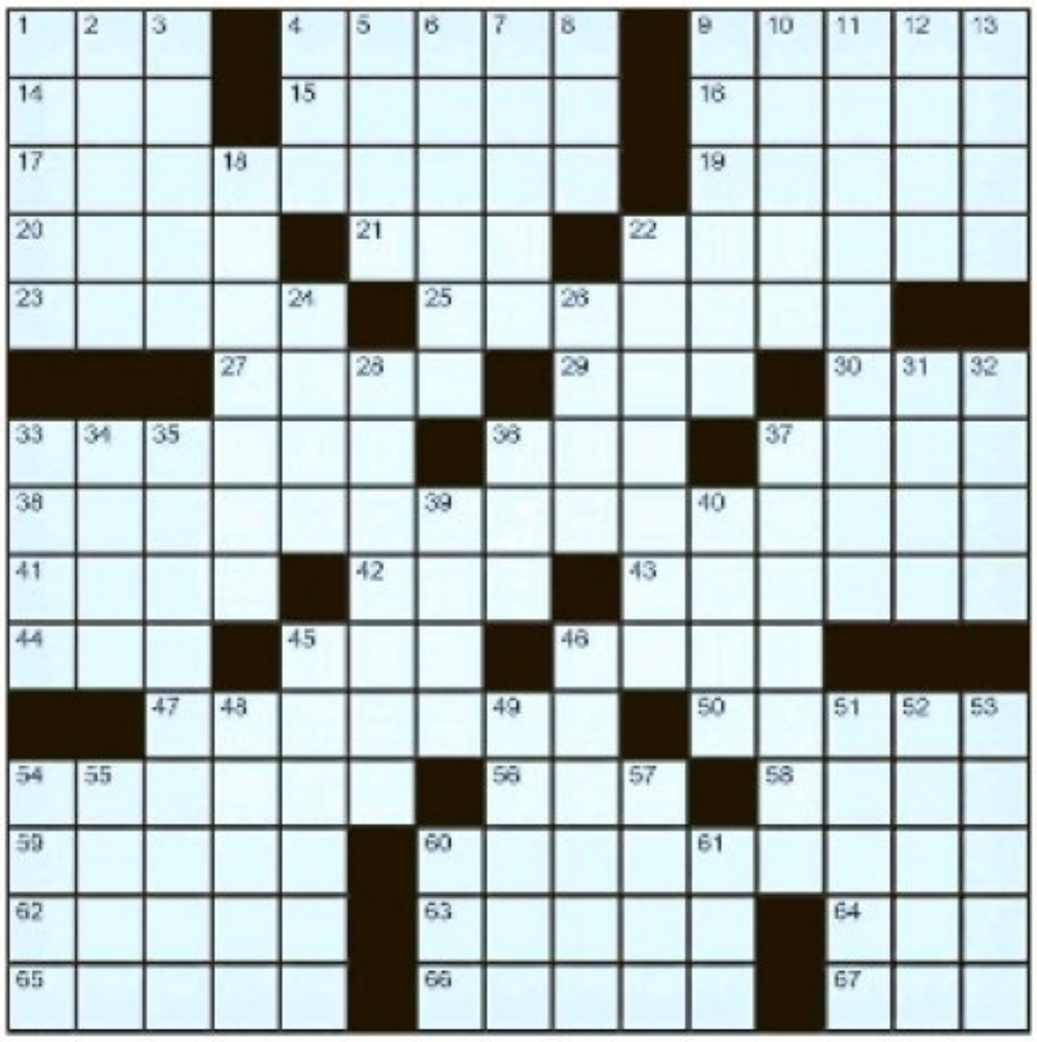
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Personhood proofs, puny-ly
4. Michael J., formally: 2 wds.
9. _ salts
14. Cacharel perfume
15. Henhouse
16. Bishop's hat
17. In proportion
19. Gripes
20. British actor Idris
21. Quebec-headquartered simulators co.
22. Grits debaters in Parliament
23. Rips
25. Robin aka Dick _
27. Overdue
29. 33.3 rpm-ers
30. Some univ. degrees
33. Tony _, "Saturday Night Fever" (1977) character
36. 23rd Greek letter
37. Kiln kind
38. September 9th, 2016... Biennial telethon (broadcasting live tonight on networks in Canada and The States) which raises money for research: 4 wds.
41. Donate
42. These: French
43. First Greek letters
44. Scottish writer Josephine
45. Campaigned
46. Drumheller's prov.
47. Manitoba's second largest city
50. SNL alum David
54. Groups of ships
56. Try the a-bit-too-hot soup
58. Balanced
59. Charter
60. Flaunts one's well-known connections: 2 wds.
62. Outer's opposite
63. Imperial decree in tsarist Russia
64. Particular pan
65. Histories
66. Briny
67. Farm pen

DOWN
1. Map detail
2. Alan of Great Big Sea
3. Ballroom favourite
4. Soldier's food-in-a-packet [acronym]
5. US campus mil. program
6. Search, for instance, the forest for food
7. Willow's flexible twig
8. "Making Plans for Nigel" band
9. Make a raised design
10. Renaissance painter, _ della Francesca
11. About an hour southeast of Winnipeg, it's Manitoba's third largest city
12. Golden _ (Ornamental pond fish)
13. Tidying target
18. Ms. Dietrich
22. Representative
24. Partially-eaten-here in-a-tin fish...
26. Additionally
28. Tropical fruit-eating birds
31. On the Atlantic
32. Gibraltar, et al.
33. Ernest G. Bilko's rank [abbr.]
34. End in _ _ (Draw)
35. One would think they would be a sailor's favourite legume: 2 wds.
36. Liq. measures
37. Where writers will write: 2 wds.
39. Remain unsettled
40. Hgts.
45. Appraisers
46. Muppets drummer
48. Adjust anew
49. Port city of Japan
51. Declares
52. Terminus
53. Laud to the heavens
54. Impertinent
55. Ms. Horne
57. Bug
60. Greek letters
61. Actress Susan

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Guess what? The next 12 months are fabulous for close friendships and relationships. It's the best time to marry in over a decade! Yee-haw!

Taurus April 21 - May 21
Start to look for fabulous opportunities to improve your job or get a better job, because they exist for you in the next 12 months. (Would I kid you?)

Gemini May 22 - June 21
Grab every chance to take a vacation and enjoy the arts, sports, fun times and flirtations in the next 12 months. Plan on lots of vacations in the next year!

Cancer June 22 - July 23
For the next 12 months, you have fabulous opportunities in real estate! If you cannot speculate in real estate, you can at least improve your own home

Leo July 24 - Aug. 23
Your everyday experiences, encounters and relationships will be super positive in the next year. This blesses all your dealings with relatives, siblings and neighbors.

Virgo Aug. 24 - Sept. 23
Finally, in the year ahead, you will have a chance to make more money. Not only will you boost your income, many of you will make major purchases as well.

Libra Sept. 24 - Oct. 23
Today Lucky Jupiter moves into your sign for the first time since 2005. This brings you great good fortune! Expect sunny days ahead.

Scorpio Oct. 24 - Nov. 22
For the next year, you will be quietly confident, because your focus will be on your inner development. Use this time to plan what you want your future to be all about.

Sagittarius Nov. 23 - Dec. 21
Do not feel worried if you are discouraged today. It's just one of those things. But the truth is, you can see what really is happening. Therefore, do nothing. Be safe.

Capricorn Dec. 22 - Jan. 20
Although you want to travel to expand your world through an increase in learning and knowledge, something is holding you back. The bottom line is that it is self-doubt: Don't listen to this voice.

Aquarius Jan. 21 - Feb. 19
Do not be discouraged if someone older is critical of you. Basically, some kind of misunderstanding is the cause. Do not take it personally.

Pisces
Feb. 20 - March 20
This is a poor day to make important decisions or to accept instructions or direction from anyone in a position of authority. Everything is confusing!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		6		8	3	4		
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